

ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

September 2003

The COA Office/Center is open weekdays 8 AM-5 PM.

The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720

The Acton Council on Aging Board will meet on Wednesday, September 17th,

4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

Welcome!

We would like to welcome both new and returning Acton Seniors to a new year of programs and events here at the Acton Council on Aging. As you enjoy this newsletter, please note the varied types of classes, programs, trips and events that are planned for the near future. We make every effort to offer programs and classes that have been requested and that allow for people to join at all levels. If you are not acquainted with the Senior Center, please stop in and see what a wonderful space we have! We look forward to having you join us here or hearing from you by phone.

The office is open and we are available Monday through Friday from 8:00 a.m. to 5:00 p.m. throughout the year, with the exception of holidays. We look forward to meeting you or seeing you again!

Please note some changes as we start a new year at the Acton COA and Senior Center

- ❖ The Minuteman Meal-site is now requesting a donation of \$2.00 for lunch, which is served at 11:45 a.m.
- ❖ ALL classes begin with a clean slate. No one is "carried over" on an attendance sheet, so be sure to call the COA office at (978) 264-9643 as of Tuesday, September 2nd for ALL class sign-ups.

ANNUAL ROTARY BARBECUE

Sunday, September 28th

12:00 Noon at the Senior Center

The Rotary Club of Acton-Boxborough is again sponsoring its famous and delicious barbecue luncheon for Acton and Boxborough Seniors. Please join us at the Senior Center on Audubon Drive to enjoy the best barbequed chicken you have ever tasted (Bud Flannery's secret recipe!), potato salad, coleslaw, cranberry sauce, rolls, ice cream, coffee and cold drinks. Please reserve early for this popular event. Rides will be arranged, if needed. **Please call the COA office at (978) 264-9643 by September 24th to reserve your place. Please car-pool if possible as parking is very limited.**

Prescription Advantage Update

Prescription Advantage, the prescription drug plan administered by the Massachusetts Executive Office of Elder Affairs, has been accepting applications for new members throughout the month of August, with the **deadline of August 31st**. This enrollment is for anyone age 66 and over who is not receiving MassHealth. Enrollment has also re-opened on August 1st for anyone "initially eligible", i.e. age 65 but not yet 66, or under age 65 and meeting disability and income guidelines. There is no closing date for this type of enrollment at this time. **Applications are available at the Council On Aging office;** they can also be downloaded from the web at www.800ageinfo.com. For more information, please call 1-800-AGE-INFO.

MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation.) **If you are unable to come for lunch, please call to cancel your meal.**

The **September Birthday Lunch** will take place on **Wednesday, September 10th**. If your birthday is in the month of **September**, you are invited to a complimentary lunch. Also, plan to join us for the **Labor Day Special on Wednesday, September 3rd**. Lt. Don Palma, police force liaison to Acton seniors, will be joining us for lunch on **Thursday, September 18th**.

Men's Breakfast

Friday, September 12th, 9:00 a.m.

Please call the COA office by Wednesday, September 10th for a reservation. \$2.00 donation.

Ladies Lunch!

Friday, October 10th at 11:30 a.m.

Please join us for our next luncheon gathering...a chance to enjoy each other's company and a light lunch! We will enjoy a fall soup, dessert, coffee and tea along with your sandwich from home, if you would like! The soup recipe has been selected but soup makers are needed for Thursday afternoon, October 9th. This fun event needs a few good women behind the preparations!

Please call the COA office Wednesday, October 8th, to reserve a spot and to say that you'll help. Donation-\$1.50 please.

Peg Mikkola, R.D.

"Soy in Your Diet"

Wednesday, September 24th at 11:15

Interested in learning more about soy? Peg Mikkola, R.D. from Minuteman Senior Services will discuss the benefits of including soy in your diet. Join us in the Senior Center Dining Room; come with your questions and sample a variety of soy products.

The Council on Aging and the Acton Senior Center will be closed:

Labor Day, Monday, September 1st

COA VAN SCHEDULE

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents. The van is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **No out of town pick up after 2:30 p.m. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

For everyone's enjoyment and safety, please observe the following rules:

***Wheelchairs must have footrests** in order to use our service.

***Riders must be seated and wear seatbelts** until the vehicle comes to a complete stop.

***Riders cannot change seats while en route.**

***There will be no smoking, eating or drinking on this vehicle. Containers must be secured.**

***Riders must understand that this service is not a personal taxi and some waiting periods may be necessary** in order to accommodate everyone's needs.

***Service is curbside only.** Those who are unable to ambulate without assistance must bring a companion and notify the office so that we can account for seating space availability.

Love to Drive?

The Acton Council on Aging is looking for another substitute van driver to drive the Council on Aging van when the regular driver is not available. This could involve a few days to a few weeks a year.

Drivers work 8 hours a day, picking up Acton residents to take to appointments in Acton, Maynard or Concord. Applicants should have an excellent driving record, be familiar with the roads in Acton and enjoy working with seniors. If you are interested, **please contact Jean Fleming, Council on Aging Director, at (978) 264-9643.**

EXERCISE PROGRAMS

*******Fall Aerobics Registration*******

The fall session of aerobics classes will run from **September 9th through November 26th**. Due to the popularity of these classes, policy requires that students commit to regular attendance. You must sign up for **either** the Tuesday/Thursday session **or** the Wednesday/Friday session; **the classes may not be split**. Supervised attendance will be taken daily. Students must contact the COA office to register. **Registration starts at 8:00 a.m. on Tuesday, September 2nd in person or by phone.** Do not leave a voice mail message. Classes are limited to 25. Don't be disappointed; sign up on September 2nd!

AEROBICS with Terri Zaborowski-Senior Cardio-Flex:

Tuesday & Thursday from 9:00-10:00 or Wednesday & Friday from 9:00-10:00 – Warm-up and stretch, aerobics and muscle conditioning then cool down segment.

Beginner to Intermediate Stretch-Flex:

Tuesday & Thursday from 10:15-11:15 Same as above, but at a lower-impact level.

TUESDAYS: Yoga with Debbie Powers.

1:00-2:00 p.m.; October 21st through December 2nd. Join us for this 6-week, gentle and restorative program. **Perfect for beginners or experienced students.** Wear warm, comfortable clothing and bring a mat and blanket. **Pre-registration is required.**

"FOUNTAIN OF YOUTH" with Ellen Purinton

Mondays from 8:45-9:45; classes run from October 20th through December 8th. Start with a gentle exercise program and then progress to easy weight training with Therabands. Exercise has been shown to help restore your "youthfulness" with the added benefits of friendship and sociability.

THURSDAYS: Line Dancing with Diane

Starr: From September 25th to October 30th from 1:00 – 2:00 p.m. Plan on wearing comfortable shoes with support (walking shoes and cowboy boots work!) and joining this group for some great fun! No experience necessary but you must call the COA office to reserve a spot!

FRIDAY: T'AI CHI with Lynne Potts:

Classes run from October 17th to November 21st.

Beginners 10:30; "Exercise the T'ai Chi Way" – T'ai Chi exercising will give you a work-out simply by shifting your weight from one foot to the other! This class will begin with a seated, gentle warm-up, followed by 40 minutes of intensive leg exercise and upper body stretching, all done very slowly. Practicing these movements will require concentration, focus on your posture and balance, and a highly developed sense of humor! Wear loose comfortable clothing and shoes with little or no tread.

Intermediate/Advanced 11:30 a.m.; This class is for experienced T'ai Chi students as the forms and routines are based on prior experience. Please join this class if you have been a student at the Acton COA or elsewhere.

Hydrangea Wreath Making

Tuesday, September 16th at 1:00

Join Ruth Regan and Debby Mozzicato as we create beautiful, fresh hydrangea wreaths to decorate your home. All materials will be provided but please bring a pair of garden clippers. Stop by the COA office to see a sample wreath and to sign up for this free class.

"One Stroke Painting"

Donna Lynch at the Acton COA

We are very fortunate to have artist Donna Lynch join us for **6 weeks** to teach her "one stroke painting" method. During the one hour classes you will be introduced to this simple technique and allowed plenty of time to practice each style, from rose buds and forget-me-nots to vines and leaves and blueberries or holly. You will complete a terra cotta pot, brought from home, and have the skills to complete many more projects on your own. **Class starts on Monday, September 29th at 1:00 and continues through November 10th.** This program is offered at no charge and will be lots of fun! Class size limited to 10, so please sign up early.

COA GROUPS AND CLASSES

MONDAY – Bridge Classes – Join us from 10:00 – 12:00 each Monday from **September 15th through November 24th** for class and continuous play. All levels of bridge players are welcome. **No class October 13th.**

Instructor Ger Krabbendam.

Choral Singing – Monday, September 8th and 22nd, at 12:45. We sing for *FUN*, have a great pianist and song leader. Join us!

MONDAYS AND FRIDAYS - POKER: 1:00;
new players welcome!

MONDAY - Book Group: The Group will meet on **September 29th at 1:00 in the COA living room.** Please join us to discuss “The Transcendental Murder” by Jane Langton, a local author. Copies of this month’s book may be available at the Acton Memorial Library. Please join us and consider bringing a friend!
Leader Marion Maxwell.

TUESDAY – Watercolor with Sue

Nordhausen – Classes start **October 14th and run through December 9th, from 1:30 to 3:00 p.m.** Emphasis will be on composition, use and placement of lights and darks and color interaction. Some experience is helpful. Contact the COA office for a list of class supplies. Call to register; class limited to 15.

✂Acton Senior Quilters✂

WEDNESDAYS, 10:15 to Noon: Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

Watercolor Class with Cynthia Durost –

Classes start on **Wednesday, September 10th and run through November 12th, from 9:00-10:30 a.m.** Join us in learning basic watercolor techniques, composition and use of color, beginning with a special focus on fall landscapes and foliage. Materials list is available in the COA office.

Ping-Pong/Pool: every day after 12:30. We have fun and are always looking for new players! Please check COA calendar for conflicts in the dining room.

Knit & Crochet: Join us on **alternate Wednesdays, September 10th and 24th,** as we welcome beginners and experts. You may work on your own project or choose to make a lap-gan to be donated to area nursing homes.

Genealogy Group

2nd and 4th Fridays, 1:30 – 3:00

Please join us on **Friday, September 12th and 26th** in the Senior Center Living Room as our instructor, Suzanne Richardson, certified genealogist and leader of the group, will help us research and understand our ancestries.

NEW! The Early Career of Giuseppe Verdi

Tuesdays, Sept. 16th – Oct. 7th; 12:45-3:15

Verdi is arguably the world’s most popular opera composer, based on the number of successes and constant performances. His long life from 1813 to 1901 shows a man of great honesty, thorough humanism, full understanding of the human condition, and as well, having a very interesting personal and business life.

We will give a background of his early life, as well as the operatic situation in the early 19th century and then spend much time on his 3rd and 4th operas: “Nabucco” and “I Lombardi”. They will be discussed with short examples, both vocal, and on the piano, and then be seen complete on excellent videos, with English subtitles, from superb Metropolitan Opera performances.

There will be plenty of time for audience questions and opinions. Each class will be scheduled for 2 ½ hours, with an intermission. One half of each opera will be done each week, accounting for the 4-week course.

Instructor Martin Segal, B.M., M.A. Class limit is 14, so please register with the COA office.

Back by Popular Demand!

Microwaving for Guys and Gals!

Using your microwave to actually cook meals, instead of just reheat, is a breeze with a few handy pointers. Join us on **Tuesday, September 30th at 1:00 p.m.** for a very informative cooking session. We will prepare a variety of foods, discuss a timing guide, safety tips, recipes and do’s and don’ts. You will receive a microwave cookbook as a reference and inspiration! **Please call the COA office to register. Cost \$5.00.** Lead by our own Florence M. Ross, RN.

ACTON HANDYMAN PROGRAM

What a summer! Thank you to the Handymen and women for MANY small jobs well done!

Small household repairs, "fix-it" situations and creative/practical solutions are their specialty! You pay for materials, but the service is **FREE**.

(Please, no requests for plumbing, electrical wiring, roof work, structural work or window washing.)

Storm window and air conditioner

changeover October 10-13: Our very helpful handypeople offer a weekend to change your window and door screens to storms (nothing on ladders please) and to take out your window air conditioners (and usually just put them on the floor near the window) so you can close those drafty windows for the winter. Please call to place your name on their list and the handy people will contact you with a time.

The Handyman program is seeking specialists and versatile handypeople for various small jobs. Please call Carol Steiner in the COA office for more information or to volunteer.

Friendly Visitors

Tuesday September 9th 1-2:30

Come join our first meeting of the year with agenda ideas! This is a good meeting to attend if you are interested in becoming a friendly visitor. Visitors make weekly visits to relieve isolation and loneliness, sometimes to escort to shopping and errands.

RSVP to Carol at (978) 264-9643.

Widows and Widowers

(1st Friday each month)

Friday September 5th 1:30- 3:00

Recent widows and widowers are welcome to attend our informal group. We focus on losing a partner of many years and how to cope with all of the changes. Please call Carol Steiner at the COA if you have any questions about the group or would like to join us.

Acton Senior Quilters

Raffle to Benefit Friends of the COA

A gorgeous, hand appliquéd double/queen size quilt will be raffled off on December 17th. Contact the COA office for raffle ticket information.

Alzheimer's Services

Alzheimer's Association Helpline:

1-800-548-2111.

Monthly evening support group:

Wednesday, September 17th, 6:30-8:30 p.m. at the Acton Senior Center. **For more information, call Jean Fleming at (978) 264-9643.**

Early stage Patient and Partner Support

Group: First Tuesday of each month, 4:00 – 5:30 p.m. Cooperative Elder Services Adult Day Center, Acton. Call **Arlene Parillo at (781) 863-1166.**

Monthly morning support group: Concord Park Assisted Living Residence in West Concord. **Call Arlene Parillo (781) 863-1166.** **Cooperative Elder Services, Inc.,** runs an **Adult Day Health and Alzheimer's Care**

Program at their center on the Concord/Acton line. Please call **Pat Oliphant at (978) 897-2569.**

Minuteman Senior Services provides, free of charge, an **in-home consultation**. Please call **978-263-8720** for more information.

Concert to Benefit

Alzheimer's Association

The second annual "**An Evening with Elliot Steger and Trio**" will take place on Saturday evening, October 4th at the National Heritage Museum, 33 Marrett Road (Rte. 2A), Lexington, MA. Dr. Steger, an internist at Acton Medical Associates, is a jazz pianist and composer. The concert will benefit the MA Chapter of the Alzheimer's Association.

The evening, which is sponsored by the Liberty Alzheimer's Partnership, begins at 7 p.m. with a dessert reception, followed by the concert at 8 p.m.

Tickets for the evening, which are \$20.00, may be purchased at the Minor Chord in Acton (978) 264-0299 or by contacting Arlene Parillo, (781) 863-1166 or Sally Lopez, (978) 287-3173.

ASK THE LAWYER

Attorney Leslie Madge, a certified Elder-Law Attorney, offers **20-minute** private legal **consultations** every other month at no charge to Acton seniors. She will be in the Senior Center on **Monday, October 20th** from **1:00-3:00 p.m.** Call the COA to schedule a consultation.

Welcome to Fall!

Thank you to all of our 140+ volunteers from last year. We hope everyone has had an enjoyable summer.

Volunteer Spotlight will resume in October but in the meantime review the list of opportunities and join our hearty group!

Lots of COA Volunteer Opportunities:

<i>Office Support</i>	<i>Group Leaders</i>
<i>Friendly Visitors</i>	<i>Handymen</i>
<i>Men's Breakfast support</i>	<i>Knitters</i>
<i>Ladies Lunch Corps</i>	<i>Newsletter Mailers</i>
<i>Wheel-A-Meal Drivers</i>	<i>Quilters</i>
<i>Gardeners</i>	<i>Computer Teachers</i>

AND ALWAYS MORE!

Wheel-A-Meal Drivers: Hot and cold meals are delivered to individual homes around Acton five days a week. You could be a regular or substitute driver. Route takes approx 1¼ hours between 11:15-12:30 weekdays. Mileage reimbursement available.

Handyman Program: Provide simple home repairs, (see description in this newsletter) to Acton seniors.

Volunteer drivers: Drive Acton seniors to out of town appointments not served by our van.

Office support: 2 hours one day a week to answer phones, do sign-ups, copying, etc.

Volunteer teachers and group leaders: Any specialty you can share like crafting, chess, computer teaching etc.

Friendly Visitors: One-to-one weekly home visiting.

Data entry: Input attendance numbers into our computer statistics program.

Friendly Phone calling: A new offering if we have some volunteers to train and connect with some seniors in need.

Call Carol Steiner at the Council on Aging with questions and/or to volunteer.

"Are You O.K.?"

This computerized telephone service is being offered to **any** Acton resident who would benefit from a daily scheduled contact for a "well-being" check. In order to enroll in this **free** service, please call the **Council on Aging at 978-264-9643** for more information.

Health Insurance Counseling SHINE

The SHINE Program, Serving the Health Insurance Needs of Elders, trains volunteers to **assist seniors with their health insurance and prescription drug concerns.** In this area, this invaluable program is administered by Minuteman Senior Services.

Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service and we will relay your information to the SHINE counselor for Acton, **Maryjane Costello. Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner. Please call as soon as possible if you have any concerns about your health or pharmacy coverage, so that she can be of assistance to you in a timely fashion.

Senior Cinema: 12:45 p.m.

Thursday, Sept. 4th: **"Catch Me If You Can"** - Tom Hanks stars as an FBI agent who makes it his mission to chase down master-of-deception Leonardo DiCaprio. 2003

Thursday, Sept. 11th: **"The Producers"** by **Mel Brooks.** Zero Mostel stars as a sleazy Broadway promoter who plans to produce a flop titled "Springtime for Hitler" which becomes a huge hit, presenting its own problems. 1968
Thursday, Sept. 18th: **"Spiderman"** - A nerdy high school student gains spider-like abilities. New release - 2002.

"Chicago"

Friday, September 26th

Don't miss this award winning musical! Stay for pizza and conversation after the movie! Please **reserve your seat and order your favorite pizza by Wednesday, September 24th** by calling the COA. Showtime 10:30, pizza served at 12:30.

SENIOR CENTER CLINICS

Hearing: Thursday, September 11th, 1-3 p.m. at the Senior Center.

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free.

Please call to register.

Podiatry Clinic: Fridays, September 5th and October 3rd; 8-11 a.m.

Sponsored by Acton Nursing Service. There is a charge of **\$20.00***. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Teresa Burtoft, DPM, provides basic services such as evaluation and nail clipping. *This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.

Cholesterol Screening: This clinic will be held in November. Please watch the October newsletter for further details

Blood Pressure: Tuesday, September 9th, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

Durable Equipment Loan Cellar

The Acton COA maintains a cellar of donated durable medical equipment, which can be loaned out to Acton seniors as needed. We are most in need of **“over the tub” benches, shower seats, canes of various types, raised toilet seats and wheelchairs.**

At this time we cannot take any more commodes. We have plenty to loan.

Please do not “drop off” donations without calling ahead.

If you have questions about equipment you would like to donate please call the COA.

All donated equipment must be clean and in very good condition. Please call the COA office at **(978) 264-9643 to donate or borrow equipment.**

Thank you for your support of this valuable service.

Your Legislators

U.S. Senate:

Edward “Ted” Kennedy

Phone: (202) 224-4543

(617) 565-3170 (Boston)

E-mail: senator@kennedy.senate.gov

John Kerry

Phone: (202) 224-2742

(617) 565-8519 (Boston)

E-mail: john_kerry@senate.gov

U.S. House of Representatives:

(5th District of Massachusetts)

Marty Meehan

Phone: (202) 225-3411

(978) 459-0101 (Lowell)

E-mail: martin.meehan@mail.house.gov

Massachusetts State Senate:

Pamela Resor

Phone: (617) 722-1120

E-mail: Presor@senate.state.ma.us

Massachusetts House of Representatives:

14th Middlesex District

(Acton precincts 1, 2 & 6)

Cory Atkins

Phone: (617) 722-2080

E-mail: Rep.CoryAtkins@hou.state.ma.us

37th Middlesex District

(Acton precincts 3, 4 and 5)

James B. Eldridge

Phone: (617) 722-2060

Rep.JamesEldridge@hou.state.ma.us

The **Veteran Homestead Medical Van** is at Acton Town Hall on **September 24th and the fourth Wednesday of each month, from 10 to 3** for health screenings and to address other health concerns. **Call program manager Tom Peck 978-264-0698.**

Acton COA Staff

Jean Fleming, Director

Barbara Winders, Assistant to the Director
Carol Steiner, Outreach/Volunteer Coordinator

Debby Mozzicato, Program Coordinator

Ron Paskavitz, Van Driver

Steve Ryan, Substitute Van Driver

COUNCIL ON AGING Trip Policies

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is requested two weeks prior to the trip.** If payment is not received in time, your name will be removed from the sign-up and a waitlisted person will be contacted. **We will return your check if you cannot go and if your place can be filled.**
3. **Checks** should be made out to: The **FRIENDS of the Acton COA**. You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.

Please call the COA Office starting
Tuesday, September 2nd for trip sign-ups.

Antiqueing and Foster's Clambake It just can't get much better! Friday, September 19th

On **Friday, September 19th** we will travel to Arundel, Maine, by luxury motor coach, to browse and shop at "Arundel Antiques" and "Antiques USA". Mary Westcott, antiques appraiser and professional, will be available for questions and conversation on the bus ride and also while we shop these two large "malls" located next door to each-other. We will **shop for about 2 hours** and then drive south to **Foster's Downeast Clambake** in York, Maine for a wonderful meal of Clam Chowder, mussels, Maine Lobster, corn on the cob, roasted red potatoes and dessert. This trip is sure to be a huge hit so make sure to reserve your spot early! **This IS a walking trip and stairs are involved.**

Payment due by September 8th.
COST: \$36.00

Depart: St. Elizabeth's at 8:00 a.m.
Approximate return: 4:30 p.m.

Fall Foliage by Train Lake Winnepesaukee Wednesday, October 1st

We will travel to **Meredith, New Hampshire** to board the **Winnepesaukee Scenic Railroad** for a 2-hour "lakeside" tour. We hope that foliage will be at or near peak and the scenery spectacular! A **full turkey lunch** with all the trimmings will be served on the train by Hart's Turkey Farm and carved right at your seat. A vegetarian meal is available upon request when booking this trip. Please sign up early; this trip will be popular!

Payment due by September 17th

COST: \$40.00

Depart: St. Elizabeth's at 8:00 a.m.

Approximate return: 4:00 p.m.

2003/2004 Boston Symphony Orchestra Open Rehearsal Season

The first of three open rehearsals will be held on **Thursday, October 9th**. Please call the COA to reserve your seat as we have pre-purchased 47 tickets for each of these performances. We arrive at Symphony Hall in time to hear the introductory lecture and then to enjoy the full rehearsal, returning to Acton about 2:00. You may bring a light snack or lunch to enjoy during the ride home.

October 9th: Bernard Haitink, conductor; Emanuel Ax, piano. The program includes Wagner, "*Prelude to Parsifa*" and "*Prelude and Lovedeath from Tristan and Isoldel*", Debussy, "*Excerpts from Le Martyre de Saint Sebastien*" and "*La Mer*" as well as Franck, *Symphonic Variations for piano and orchestra*.

February 26th: Herbert Blomstedt, conductor and Peter Serkin on piano. The program includes Mendelssohn Overture, "*The Fair Melusine*", Mozart "*Piano Concerto No. 17 in G, K.453*" and Nielsen *Symphony No. 4, "The Inextinguishable"*.

April 1st: Grant Llewellyn, conductor and the Tanglewood Festival Chorus.

COST: \$25.00

Depart: St. Elizabeth's Church Lower Back Parking Lot, 8:00 a.m.

Come Compute With Us!

Computer Classes will begin the week of September 22nd and run for six weeks through October 31st. Whether you are a beginner, intermediate, advanced, a PC or MAC user, we have the program for you!

Please register early at the COA office to secure placement. Classes are held one to one, or in groups of four, depending on your need and/or preference.

Our dedicated volunteer instructors have set aside their time just for you. Therefore, if you anticipate missing two or more classes, please consider registering for a future session. A \$15.00 administrative fee for the six classes is requested. Please contact Jean Fleming at the COA for scholarship assistance if needed. **The registration deadline is Friday, September 12th and the kick-off meeting** for all registered participants will be held on **Wednesday, September 17th, at 1:00** in the COA living room. At this meeting you will meet your instructor and receive your class schedule. Call (978) 264-9643 with questions.

ACTON COUNCIL ON AGING
Town Hall 472 Main Street
Acton MA 01720
Return Service Requested

Community Meetings

The **Acton Community Preservation Committee** will hold a public hearing on **Thursday, September 18th at 7:30 p.m. in the Acton Memorial Library** meeting room. The meeting will focus on the possibilities and resources of the Town regarding community preservation, with the **draft plan available for submitting community preservation project proposals**. The draft plan is also available on www.acton-ma.gov, at the Acton Planning Department and Acton libraries.

The **Acton Planning Board** will hold a forum **"To Live in Acton"** on **Tuesday, Oct. 7th and Wednesday, Oct. 8th at 7:30 p.m. in Room 204 of Town Hall**. The **focus** of this will be on **housing needs in Acton**. Analysis of Acton's existing housing, growth trends and development potential will be presented. Acton residents are invited to comment on current and future housing needs.

PRSRT STD
U.S. Postage Paid
Acton, MA
Permit #67